

# MAYOR'S FITNESS CHALLENGE

## Kick Off Event & Registration:

Saturday, April 13 • 11 am to 3 pm  
Somerville High School Gym & Atrium  
81 Highland Ave.

Duration of Challenge April 13-June 20, 2013



**HEALTHY  
EATING**



**PHYSICAL  
ACTIVITY**



**MENTAL  
WELLNESS**



**FAMILY  
HEALTH**

## ACTIVITIES FOR THE EVENT

- Music & Family Friendly Activities
- Fitness Demonstrations
- Silver Spoon Award- Food Trucks with Healthy Options Competition
- Health & Fitness Fair
- Join a Fitness Challenge Team
- Create a Fitness Pledge with Your Personal Wellness Goals
- Receive a Free Fitness Bag

For more information visit:  
[www.somervillema.gov](http://www.somervillema.gov) or contact 311

